

Kick-It List

1. act in a play	58. charity work	118. free-running	173. join an after school program	229. noodling (catch catfish with your hands)	287. river raft	348. swim
2. airsoft wars	59. check out Cabela's fish and taxidermy displays	119. Frisbee	174. join a book club	230. para-sail	288. roast hotdogs	349. take out the trash
3. archery	60. checkers	120. Frisbee golf	175. join a club	231. paint pictures	289. roast marshmallows	350. take trash to dump
4. ask family not to use tobacco around you	61. cheerleading	121. geo-caching	176. join IDFY (Idaho Drug Free Youth)	232. paint-ball	290. rock climbing	351. tai chi
5. ask friends for help	62. Chinese checkers	122. get a job	177. join the track team	233. paint rocks	291. roller skate	352. target practice
6. ask friends not to use tobacco around you	63. chop wood	123. get a tattoo	178. join TATU (Teens Against Tobacco Use)	234. paint your fingernails	292. run on a treadmill	353. take a trip
7. attend boat festival	64. chew gum	124. glass blowing	179. join a teen Celebrate Recovery group	235. paint your house	293. run with your dog	354. teach your dog tricks
8. attend monster truck event	65. chew on straws	125. go cart racing	180. journal	236. paint your room	294. sand wood	355. tennis
9. attend a movie	66. chew on sweater strings	126. go for a drive	181. juggling	237. paint your toenails	295. save money not spent on tobacco	356. throw away ash trays
10. attend a play	67. chew on a toothpick	127. go to a community center	182. jujitsu	238. pet a cat	296. scrapbooking	357. throw away lighters
11. attend school	68. clean car ashtray and fill with potpourri	128. go on the computer	183. jump hurdles	239. photography	297. scuba dive	358. throw away tobacco
12. attend teen quit tobacco class	69. collect snow globes	129. go on Quitnet	184. jump off rocks into the lake	240. pick up sticks (game)	298. sculpting	359. tie flies for fly fishing
13. babysit	70. cow tipping	130. go out to brunch	185. jump on trampoline	241. pick up trash	299. set a quit date	360. tie your shoes
14. bake a cake	71. cribbage	131. go to a concert	186. karaoke	242. pickle ball	300. sew	361. track and field
15. bake a pizza	72. crochet	132. go to amusement park	187. karate	243. picnic	301. sing	362. trap shooting
16. bake bread	73. croquette	133. go to the gym	188. kayak	244. ping pong	302. sharpen knives	363. tubing
17. bake cookies	74. clean house	134. go to the lake	189. kick-boxing	245. plant a butterfly garden	303. shave	364. two-hand touch football
18. balance check book	75. clean your room	135. go to the library	190. knit	246. plant a flower garden	304. shed antler hunting	365. vacuum your car
19. basketball	76. climb a tree	136. go to the mall	191. lacrosse	247. plant an herb garden	305. shoot clay pigeons	366. video games
20. badminton	77. clip fingernails	137. go to the music store	192. lawn darts	248. plant a vegetable garden	306. shoot pool	367. visit a farm
21. baseball	78. clip toe nails	138. go to the park	193. learn a new language	249. plant a tree	307. shooting range	368. visit a museum
22. barbecue	79. cloud watching	139. go to a restaurant	194. learn to drive	250. play base guitar	308. shop at the mall	369. visit a pet store
23. bench weights	80. collect food for food bank	140. go to a water park	195. learn a new instrument	251. play battle ship	309. shop at antique stores	370. visit a zoo
24. bingo	81. collect leaves	141. go to work with parents	196. legos	252. play cards	310. shop at 2 nd hand stores	371. volleyball
25. bird watching	82. color pictures	142. golf	197. lift free weights	253. play chess	311. shop online	372. volunteer at a soup kitchen
26. blow bubbles	83. community service	143. gun collecting	198. lift weights	254. play guitar	312. shower	373. volunteer at a nursing home
27. boat racing	84. cook ethnic foods	144. grouse hunting	199. listen to book on CD	255. play a hand clap game	313. sight a gun	374. volunteer at raptor center
28. bow fishing	85. curl your hair	145. guitar hero	200. listen to music	256. play dice game	314. skateboard	375. walk
29. bowling	86. cut your hair	146. gymnastics	201. listen to old records	257. play display games at game store	315. skeet shooting	376. walk your dog
30. boxing	87. do deep breathing	147. hackey sack	202. listen to a relaxation CD	258. play drums	316. skim boarding	377. walk dogs for the Humane Society
31. braid hair	88. do homework	148. hang glide	203. logging	259. play hangman	317. skinny dipping	378. wakeboard
32. brush your hair	89. dance	149. hang out where smoking is not allowed	204. long boarding	260. play jacks	318. skip rocks	379. wash your car
33. brush your teeth	90. dance-dance-revolution	150. hang out with family	205. magic tricks	261. play in a band	319. sky diving	380. wash walls
34. bubble bath	91. darts	151. hang out with friends	206. make belt buckles	262. play kick-the-can	320. sled	381. wash windows
35. build a boat	92. decorate a cake	152. hang out at music store	207. make a CD	263. play modern-warfare	321. snow angels	382. watch airplanes
36. build a bon fire	93. dodge ball	153. hang out at the office supply store	208. make cotton candy	264. play monopoly	322. snow ball fight	383. watch fish in an aquarium
37. build card castles	94. dog sledding	154. hang out at a toy store	209. make ice cream	265. play rock-paper-scissors	323. snow board	384. watch a movie
38. build cars	95. do your hair	155. have someone hide your tobacco	210. make a kick-it list	266. play tic-tac-toe	324. snow cave camping	385. watch television
39. build a birdhouse	96. do your makeup	156. hay ride	211. make a list of reasons you want to quit	267. play with your dog	325. snow mobile	386. watch u-tube
40. build houses (habitat for humanity)	97. draw	157. help elderly person with groceries	212. make a movie	268. play with silly-putty	326. snow shoe	387. water polo
41. build a snow fort	98. drink a latte	158. help teacher after school	213. make jewelry	269. people watching	327. snow skate	388. water ski
42. build a snowman	99. drink water	159. hike	214. make paper	270. pop popcorn	328. snow ski	389. web design
43. build a tree house	100. doodle	160. hockey	215. make paper airplanes	271. punching bags	329. soap carving	390. weed garden
44. bull riding	101. dominoes	161. hop scotch	216. make a poster	272. push-ups	330. soccer	391. weld
45. bundgy jumping	102. dye hair	162. horseback riding	217. make pottery	273. quilt	331. snorkel	392. window shop
46. call a friend	103. eat free Costco samples	163. horse shoes	218. make puppets	274. quit with a friend	332. spear fishing	393. wind surfing
47. call QuitLine	104. eat otter pops	164. host a talent show	219. make stain glass	275. race BMX bikes	333. spinning class	394. woodwork
48. camp	105. eat pixie sticks	165. hunt deer	220. make tie-dye shirts	276. race for American Bicycle Association	334. squeeze a stress-ball	395. work on cars
49. canoe	106. eat something healthy	166. hunt elk	221. marbles	277. rake leaves	335. squirrel hunting	396. work out
50. capture the flag	107. eat sunflower seeds	167. hunt moose	222. martial arts	278. read a book	336. stamp collecting	397. wrestling
51. caroling	108. eat tootsie rolls	168. hunt wild turkeys	223. mixed martial arts	279. recycle trash	337. star watching	398. write a letter
52. carve wood	109. face painting	169. ice skate	224. mow the lawn	280. repair bikes	338. start a compost pile	399. write a script for a play
53. catch butterflies	110. fish	170. jet ski	225. mow lawns for elderly	281. repair electronics	339. stone carving	400. write songs
54. catch fire-flies	111. flip hamburgers	171. job training	226. mud bogging	282. restore cars	340. straighten hair	401. write stories
55. catch frogs	112. floss your teeth	172. jog	227. mud wrestling	283. reward yourself for not using tobacco	341. suck on cinnamon sticks	402. write poems
56. catch insects	113. fly fishing		228. nap	284. ride bikes	342. suck on popsicles	403. yard work
57. channel surfing	114. fly a kite			285. ride BMX bikes	343. suck on suckers	404. yahtze
	115. football			286. ride dirt bikes	344. suck on tic-tacs	405. yo-yo tricks
	116. 4-wheeling				345. sunbathe	
	117. frame a house				346. surf internet	
					347. sweep the floor	